

# 中山醫學大學 101 學年度碩士班入學招生考試試題

## 護理學系碩士班

考試科目：護理學

時間：80 分鐘

※請注意本試題共( 2 )張，如發現頁數不足，應當場請求補齊，否則缺頁部份概以零分計算。 第 ( 1 ) 頁

本試題共三大題，總分 100 分。

一、閱讀文章後用中文回答下列三個問題 (35%)

**Title:** Light is beneficial for infant circadian (24hrs 節律) entrainment: an actigraphic study. **Aim:** This article is a report of an exploratory study of the relation between light exposure and circadian rest-activity patterns in infants. **Background:** Ambient light is a major environmental stimulus for regulation of circadian rhythm of sleep and wake in adults, but few studies have been conducted to examine environmental light exposure in relation to rest-activity circadian rhythm parameters of infants. **Methods:** An intensive within-subject design was used with a convenience sample of 22 infants (mean postnatal age 49.8 days) who wore a combined light and activity monitoring device for seven consecutive days at home. For each infant, light data (lux) were aggregated over the 7 days into categories of illumination and expressed in mean minutes/day. Circadian light and activity parameters, including mesor (中間值), amplitude (1/2 最高值與最低值之差), acrophase (最高值) and R(2) cosinor fit, were determined using cosinor analysis. Associations between light exposure and circadian rest-activity rhythm parameters were examined using correlation and regression analyses. Data were collected between 2006 and 2007. **Results:** Infants spent only one-eighth of their daytime hours in an environment with >100 lux light level. There was a relatively large statistically significant relation between the acrophase of light exposure and the acrophase of activity. Increased duration of daily exposure to >100 lux of illumination, and increased amplitude of circadian rhythm of light were associated with stronger circadian patterns of infant activity. **Conclusion:** Results suggest an association between light and activity patterns and that increasing duration of exposure to moderate light levels may be a simple and economical nursing intervention during the early postnatal weeks.

(1) 本文之研究目的為何?(5%)採用何種研究設計?(5%)研究樣本為何?(5%)

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(2) 主要的研究結果為何?(10%)

(3) 本研究結果如何應用到臨床實務與生活上?(10%)

二、慢性病為當今社會影響台灣人民健康的重要問題，請就您熟悉的族群選擇其中一種族群回答下列問題(45%)

(1)請試以臨床之具體案例說明此類病人之特性(5%)

(2)請以上述之案例說明此類病人常見之身、心、社會、靈性等方面之問題，包括從急性發病期至慢性照護期至回歸到有品質的正常生活 (10%)

(3)這些問題對病人、家庭、及社會的衝擊為何? (10%)

(4)請試發展一套臨床可行的連續性照護模式，考慮病人、家屬、及社區資源，以達最佳之照護品質。(10%)

(5)這個照護模式在實際執行時，可能面臨哪些挑戰或障礙?如何克服?(10%)

三、目前的醫療環境有諸多問題，對護理來說雖然護理照護舉足輕重，但護理專業並未受到應有的重視、護理工作環境惡化、護理人員離職率高、招不到護理人員的窘境，面對這樣的情況請試分析其原因(10%)，並試以各角度提出可能的解決辦法(10%)。